



Partner Dancing. Great fun & exercise... no partner required to join in!

Dance Like the Stars!

Location: North Kirkland Community Center

Adults & Teens, Couples & Singles Welcome! Professional Certified Instructor: Lynn Cross

West Coast Swing

West Coast Swing: Level 1

Contemporary, modern, stylish swing—the most music friendly & versatile of all partner dances! Solid foundational patterns and techniques make learning this dance a simple, logical & fun experience.

No experience needed! • All Ability Levels Welcome!
5 weeks • Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm Sept 10–Oct 8 40219

West Coast Swing: Level 2

Popular pattern variations and enhanced partnering techniques add more fun and boost your swing skills and confidence!

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm Oct 15–Nov 12 40220

West Coast Swing: Level 3

Add styling and personality to your Swing with progressed pattern variations and playful partnering moves!

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39

Tue 7:30–8:30pm Nov 19–Dec 3 40221

Night Club Two Step

Night Club Two Step: Level 1

Romantic dancing at its finest—a dreamy dance for easy-listening, soft-rock love songs played at parties, night clubs, weddings, on cruise ships, and at many local dances. Easy leading, following and turning techniques included.

No experience needed! • 5 weeks
Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm Sept 10–Oct 8 40222

Night Club Two Step: Level 2

Continue to develop your romantic side with simple pattern variations and partnering techniques.

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm Oct 15–Nov 12 40223

Night Club Two Step: Level 3

Take romantic dancing up another notch while you float across the dance floor using intriguing new patterns, partnering techniques, and styling variations.

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Res. \$39

Tue 8:30–9:30pm Nov 19–Dec 3 40224

Ballroom Favorites

Ballroom Favorites: Level 1

Basics and simple variations of the ever-popular and always-in-style classics: Romantic Waltz, Smooth Fox Trot, Lively Jitterbug Swing, and a bit of Sensual Tango.

No experience needed! • 5 weeks
Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm Jan 7–Feb 4 40225

Ballroom Favorites: Level 2

Gain comfort and confidence with leading and following as you learn new and pleasing pattern variations in Waltz, Fox Trot, Jitterbug Swing and Tango.

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tue 7:30–8:30pm Feb 11–Mar 11 40226

Ballroom Favorites: Level 3

Polish your styling and add some flair to your dancing! Learn exciting patterns like Pivots, Parallels, Sways, Dips & more!

Prerequisite: Levels 1 & 2, equiv. experience or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39

Tue 7:30–8:30 Mar 18–Apr 1 40227

Salsa

Salsa: Level 1

EZ Latin! This popular Latin dance will boost your energy level. Connect to the Latin beat with easy leading and following techniques and fun—but simple—patterns! Energetic fun for winter evenings!

No experience needed! • 5 weeks
Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm Jan 7–Feb 4 40228

Salsa: Level 2

Salsa moves become more comfortable and automatic with new patterns and styling variations plus some Latin hip action.

Prerequisite: Level 1, equivalent experience, or instructor permission • 5 weeks • Resident \$54 / Non-Resident \$65

Tue 8:30–9:30pm Feb 11–Mar 11 40229

Salsa: Level 3

Make your Salsa sizzle with Double Turns, Spins, and more hip action! The right techniques make it simple!

Prerequisite: Levels 1 & 2, equiv. experience, or instructor permission • 3 weeks • Resident \$33 / Non-Resident \$39

Tue 8:30–9:30pm Mar 18–Apr 1 40230

Hula Dance

Hula is for everyone, it's a great way to stay in shape and have fun while dancing. Hula works the entire body and also engages the mind. It is a unique blend of balance, motion, and mental concentration. Hula will lift your spirits and give you an energy boost.



Beginning Hula For Adults

This class will concentrate on the basic foot and hand motions as you experience the Hawaiian culture and Spirit of Aloha. Both ancient (Hula Kahiko) and modern (Hula 'auana) will be taught.

Wear comfortable clothing (shorts or pants and T-shirts) — NO JEANS PLEASE! Instructor: Jeanne Makanaokalani Porter • Location: NKCC • 10 weeks • No class 9/18
Resident \$100 / Non-Resident \$120

Wed	6:30–7:15pm	Sept 11–Nov 20	40205
Wed	6:30–7:15pm	Jan 15–Mar 19	40206

Intermediate Hula

For those with hula experience and an understanding of the basic steps. This fast-paced class will introduce hula implements such as ipu, 'uli'uli, 'ili'ili, pu'ili. Both Kahiko and 'auana will be taught along with a focus on general technique. Some Hawaiian language taught as it pertains to hula, along with lyrics and the background of every dance learned. Optional public performances.

Wear a pa'u skirt if you have one, otherwise comfortable clothing — NO JEANS PLEASE!

Instructor: Jeanne Makanaokalani Porter
Location: NKCC • 10 weeks • No class 9/18
Resident \$100 / Non-Resident \$120

Wed	7:15–8:15pm	Sept 11–Nov 20	40207
Wed	7:15–8:15pm	Jan 15–Mar 19	40208

Advanced Hula

Advanced Hula is for the dancer with a more extensive hula background. The hula basics are reviewed as we continue on to more difficult, involved hulas, both Kahiko (ancient) and 'auana (modern). There's a continuing focus on technique and performance skills. There will be public performances.

Wear a pa'u skirt — NO JEANS PLEASE!

Instructor: Jeanne Makanaokalani Porter
Location: NKCC • 10 weeks • No class 9/18
Resident \$100 / Non-Resident \$120

Wed	8:15–9:15pm	Sept 11–Nov 20	40209
Wed	8:15–9:15pm	Jan 15–Mar 19	40210



Belly Dance

Shimmy and Sway – Beginning Belly Dance

Ages 17 to adult

Begin your transformation! Belly dance isolates and works your abs, hips, tummy, and arms. It increases flexibility, and improves posture as it tightens and tones. In this class we welcome and appreciate all shapes and sizes, so tie a scarf around your hips and get ready to shimmy and sway to the sensual dance of Egyptian Cabaret Belly dance.

Please bring bottled water and a long scarf to tie around the hips • Instructor: Josette Minaglia 'Athena' Location: NKCC

7 weeks Resident \$70 / Non-Resident \$84

Tue	6:40–7:40pm	Sept 10–Oct 22	40211
-----	-------------	----------------	-------

8 weeks Resident \$80 / Non-Resident \$96

Tue	6:40–7:40pm	Oct 29–Dec 17	40212
-----	-------------	---------------	-------

6 weeks Resident \$60 / Non-Resident \$72

Tue	6:40–7:40pm	Jan 7–Feb 11	40213
-----	-------------	--------------	-------

Tue	6:40–7:40pm	Feb 25–Apr 1	40214
-----	-------------	--------------	-------

Advanced Belly Dance

Ages 18 to adult

This class illustrates techniques for solo and troupe performances along with costume designing. A combination of basic and advanced moves will be taught in a choreographed piece of music which will give students the finishing touch and personal style to their dance.

Please bring bottled water and a long scarf to tie around the hips.

Instructor: Josette Minaglia 'Athena' • Location: NKCC

7 weeks Resident \$70 / Non-Resident \$84

Tue	7:45–8:45pm	Sept 10–Oct 22	40215
-----	-------------	----------------	-------

8 weeks Resident \$80 / Non-Resident \$96

Tue	7:45–8:45pm	Oct 29–Dec 17	40216
-----	-------------	---------------	-------

6 weeks Resident \$60 / Non-Resident \$72

Tue	7:45–8:45pm	Jan 7–Feb 11	40217
-----	-------------	--------------	-------

Tue	7:45–8:45pm	Feb 25–Apr 1	40218
-----	-------------	--------------	-------

THRILLER

AGES 8 TO ADULT!

Channel your inner zombie by learning the famous Michael Jackson dance that took the world by storm, better known as THRILLER! Then join our friends at the Redmond Town Center on October 26 for the Eastside Zombie Party, an event fundraiser for Second Story Repertory Theatre.

Location: NKCC • 5 weeks
Resident \$15 / Non-Resident \$18
+ 1 can of food each week to support Kirkland Hopelink

Registration #40144

SUNDAYS • 1-3:15 PM
SEPT 22-OCT 20

Line Dance

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

Location: PKCC • Instructor: Joe Mraz • 6 classes
No class 9/24, 11/26, 12/24, 12/31& 3/4

Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8

Tue	10-11am	Sept 3-Oct 15	39687
Tue	10-11am	Oct 22-Dec 3	39688
Tue	10-11am	Dec 10-Jan 28	39689
Tue	10-11am	Feb 4-Mar 18	39690

Adult Ballet with Marco Carrabba

Instructor: Marco Carrabba, Ballet Master/Choreographer of Carrabba Dance Theatre, has a 20 year distinguished professional dance career and over 16 years experience teaching and choreographing ballets for students of all levels, as well as an extensive theater background. Dance companies include PNB, San Francisco, Boston, Stuttgart and Hamburg Ballet.

Ballet Basics

Have you always wanted to take a ballet class but something got in the way? Now that you have the time, do you feel like you're too old and it's too late! Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone from young adult to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful of all dance styles.

Location: PKCC • 6 classes
No class 11/11, 12/23, 12/30, & 1/20
Resident \$66 / Non-Resident \$79

Mon	6:15-7:15pm	Sept 16-Oct 21	40335
Mon	6:15-7:15pm	Oct 28-Dec 9	40336
Mon	6:15-7:15pm	Dec 16-Feb 20	40337
Mon	6:15-7:15pm	Feb 24-Mar 31	40338

Ballet: Open Level

Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability.

Location: PKCC • 6 classes
No class 11/27, 12/25, 12/30 & 1/1
Resident \$66 / Non-Resident \$79

Wed	6:15-7:15pm	Sept 11-Oct 16	40341
Wed	6:15-7:15pm	Oct 23-Dec 4	40342
Wed	6:15-7:15pm	Dec 11-Jan 29	40343
Wed	6:15-7:15pm	Feb 5-Mar 12	40344

Ballet Barre & Stretch **NEW!**

This class is designed to transform the body into one of equal balance, strength and flexibility. Barre classes blend together ballet barre, exercise and conditioning. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk.

Location: PKCC • 6 classes
No class 11/11, 11/27, 12/23, 12/25, 12/30, 1/1, & 1/20
Resident \$50 / Non-Resident \$60

Wed	5:20-6:05pm	Sept 11-Oct 16	40347
Mon	5:20-6:05pm	Sept 16-Oct 21	40348
Wed	5:20-6:05pm	Oct 23-Dec 4	40349
Mon	5:20-6:05pm	Oct 28-Dec 9	40350
Wed	5:20-6:05pm	Dec 11-Jan 29	40351
Mon	5:20-6:05pm	Dec 16-Feb 20	40352
Wed	5:20-6:05pm	Feb 5-Mar 12	40353
Mon	5:20-6:05pm	Feb 24-Mar 31	40354

